

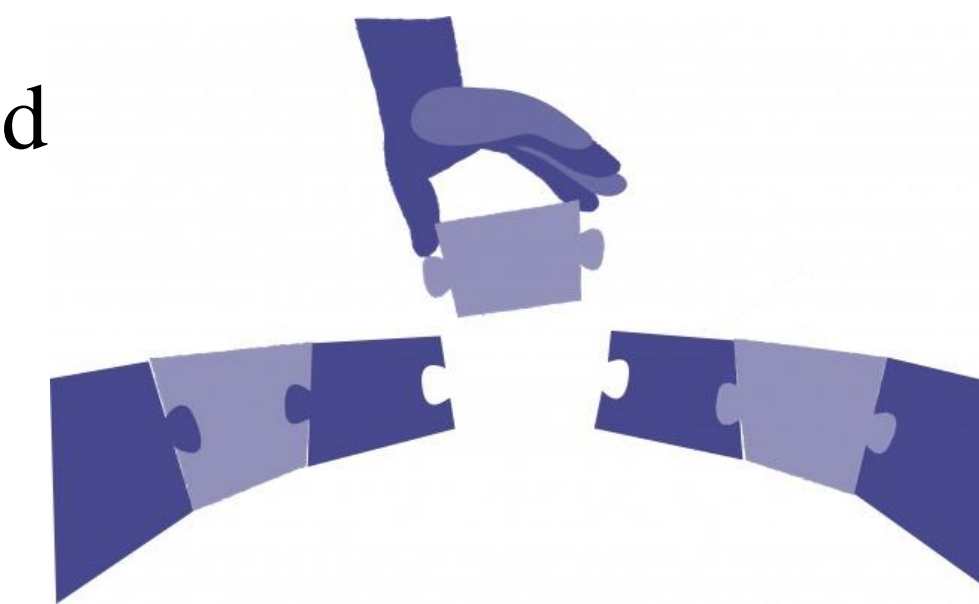
Public Involvement in research: Co-researching with carers of people with dementia in the PrAISED study

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What is **Public Involvement (PI)** in research? It is research carried out ‘with’ or ‘by’ members of the public rather than ‘to’, ‘about’ or ‘for’ them

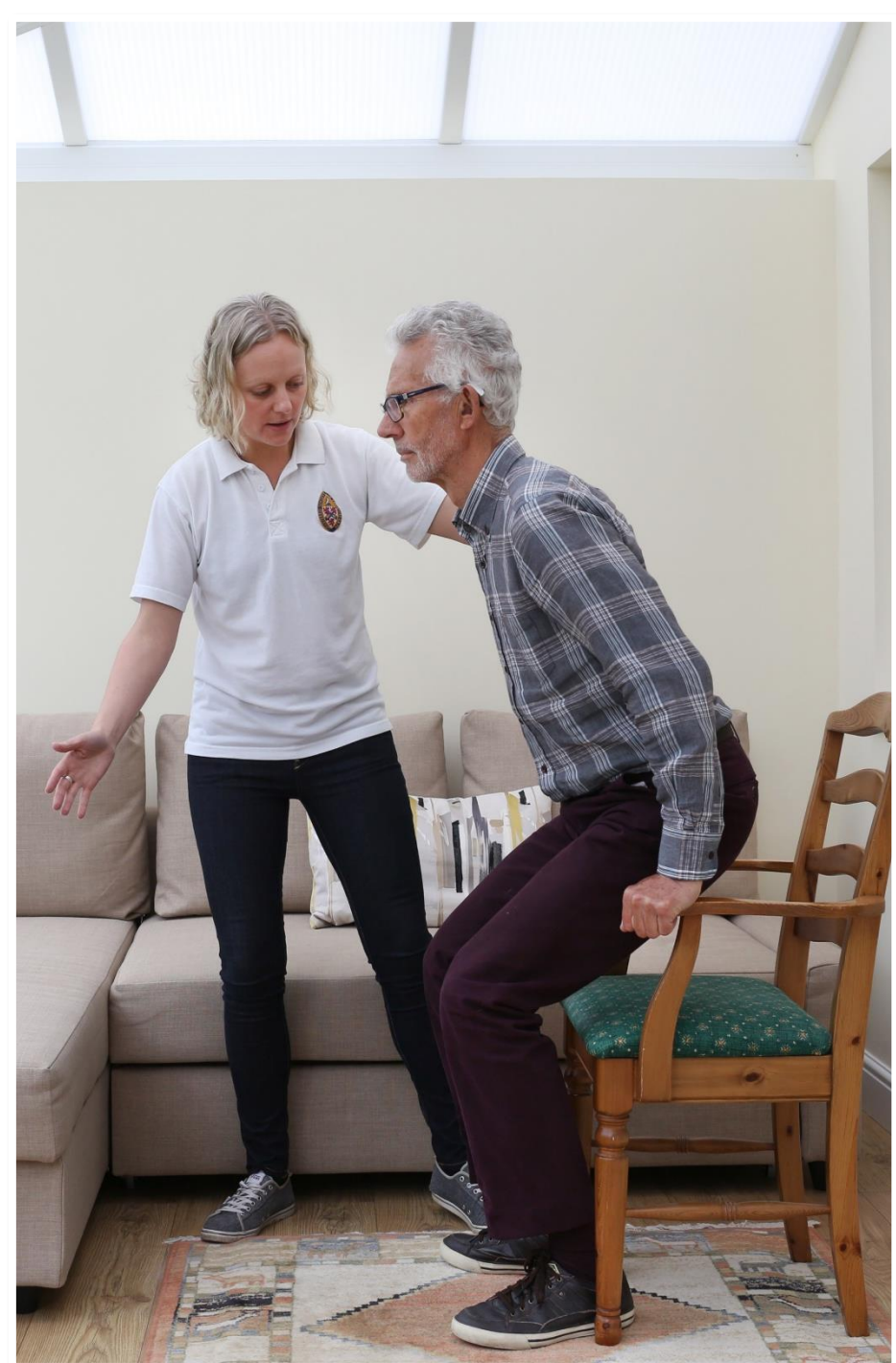
What is **co-research**? It is a type of PI where research is steered and conducted by people with lived experience of the issue being studied together with academic researchers

What is **the purpose** of co-research? To bridge the gap between academia and the public. Co-research aligns research more closely with the public’s needs, thus increasing success and cost-effectiveness



What is PrAISED?

A multi-centre, randomised controlled trial testing the effectiveness of a home-based physical activity and exercise intervention to promote activity and independence in people with early dementia or mild cognitive impairment



Maureen Godfrey

- Member of the public
- Named co-applicant
- Helped develop research documents
- Attended management and ethics committee
- Modelled for intervention

Marianne Dunlop

- Member of the public
- Named co-applicant
- Supported Maureen in PI role
- Interviewed and recruited PrAISED therapists
- Reviewed research documents / materials

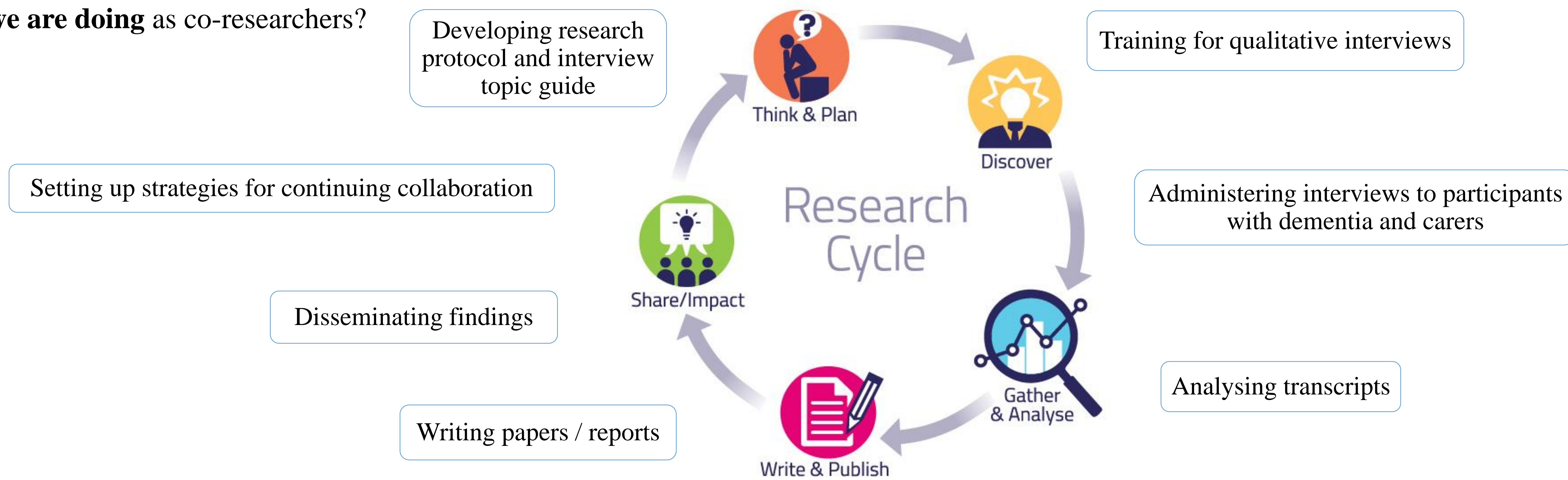
Claudio Di Lorito

- Academic Research Fellow
- Working in PrAISED process evaluation
- Leading PI in the Division of Rehabilitation, Ageing and Wellbeing

The co-research team



What we are doing as co-researchers?



What we are the **benefits and practicalities** of co-research?

I found the interview the most rewarding piece of work. I felt so in touch with the study and it brought home a reality I share with the participants (Maureen)
I feel the empathy a co-researcher can provide is of value to the carer, they feel more able to open up to someone they do not see as a professional (Marianne)
As the volunteers with lived experience, the co-researchers could widen the scope of the interviews, ensuring that enriched narratives were gathered (Claudio)

- Being of a similar age / background as the participants, the co-researchers could better identify and empathise with their experiences
- As they are on a parallel journey, the co-researchers could share and encourage positively
- The co-researchers brought an informal dimension to the interview, where participants felt encouraged to open up



- Extra resources are needed (travel, funding for co-researchers)
- Extra time to organise appointments is required
- Good rapport between academic and co-researchers and team building is key
- Training and preparation for interviews is crucial

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